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## ABSTRACT OF A HISTORICAL SKETCH OF CANADIAN INSTITUTIONS FOR THE INSANE.

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[The original address was delivered by Dr. T. J. W. Burgess, Superintendent of the Protestant Hospital for Insane, May 25th, 1898, as President of the Geological and Biological Section of the Royal Society of Canada. The abstract is the work of his assistant, Dr. J. V. Anglin.]

Saved by virtue of her youth from participation in the horrible cruelties which stain the annals of the history of the insane from the fall of the Roman empire to the beginning of the present century, Canada has yet no reason to be proud of her early treatment of this unfortunate class. With her, as in nearly all new countries, the care of the insane has shown a gradual process of evolution. We find, first, an era of neglect; then, one of simple custodial care with more or less mechanical restraint; and, finally, the present epoch of progress, in which the various provinces of the Dominion, with the exception of Quebec and Nova Scotia, have accepted the maxim announced by Horace Mann, that the dependent insane are the wards of the state, and as such to be cared for in special governmental institutions. In which epoch also, in the construction of such buildings, the idea of detention is subordinate to that of cure, or, failing cure, that the hospital for the insane shall be no longer a prison but a home.

### NEW BRUNSWICK.

To New Brunswick is due the honor of having been the first of the old British North American provinces to make special provision for its insane.

While the population of the province was yet sparse, and the insane but few in number, each county cared for its lunatics as best it could, the law authorizing "Any two Justices of the

Peace to issue a Warrant for the apprehension of a lunatic or mad person, and cause him to be kept safely locked in some secure place directed and appointed by them, and if they deemed it necessary, to be chained." Under this law the indigent insane were confined in jails and poorhouses, while those able to bear the expense were sent to asylums abroad.

In the early thirties, the lunatics in county institutions had increased to such an extent, and at the same time there were so many others scattered throughout the province whose friends were desirous of having them cared for, that it became absolutely necessary to make some proper provision for their accommodation. We find, accordingly, from the minute-books of the old sessions of the peace, that at the session held in September, 1835, a committee was appointed to prepare a petition to the legislature "for the passing of a law for the better providing for and securing of lunatics within the Province." In December following, the mayor submitted the draft of a bill for establishing a provincial lunatic asylum as prepared by this committee.

The case, however, was too urgent to await the action of the legislature; consequently, as a temporary expedient, at the suggestion of Dr. George P. Peters, a small, wooden building in the city of St. John, originally erected as a cholera hospital in 1832, was converted into an asylum for lunatics. For a description of the structure we are indebted to a letter of Dr. Peters, dated November 28th, 1836. Herein it is stated: "The lower part of the building has been divided into two sides, one for the males and the other for the females. For the purpose of separating as much as possible the more violent from those who appear inclined to conduct themselves in a moderate way, these sides have been subdivided; the male side into a day-room (if a mere passage can be so called) and five sleeping rooms; the female side into a similar day-room and four sleeping rooms."

This institution, the first of the kind in Canada, was situated on Leinster street, not far from the present jail premises, and continued in operation for a little over thirteen years. The date of its opening was November 14th, 1835.

Up to 1843, the establishment was under the superintendence of Mr. George Matthew, then overseer of the poor, with Dr. Peters as visiting medical officer. In that year it was first styled

the Provincial Lunatic Asylum and was placed in the care of a board of commissioners consisting of William Jack, Esq., George Matthew, Esq., and Dr. Peters. The last-named acted also as medical superintendent.

During the first thirteen and a half months of its existence, thirty-one inmates were admitted into the temporary asylum. When abandoned, in 1848, six hundred and fifty-two patients had received the benefits of its treatment. A record preserved in the sessions *of* the peace minute-book states that of the above thirty-one admissions "there have been discharged—cured, six; improved, five; to friends, not improved, two; died, four. Of the remaining fourteen, one is much improved, two perceptibly improved and eleven without any visible improvement." From the same source we can judge that restraint was employed in the institution, inasmuch as Mr. Matthew, in submitting some accounts, remarked that these were for actual expenses attending the keeping, and that no allowance was made for destruction of house or for furniture, including straight-jackets.

The year after the temporary asylum was opened at St. John, the Lieutenant-Governor of the province, in compliance with a petition of the House of Assembly, appointed commissioners for the purpose of selecting a site for a permanent asylum, preparing a plan of the proposed structure, and estimating the probable cost of land and building.

A few months later, namely, December 2nd, 1836, the commissioners presented an exhaustive report, embracing all the subjects referred to them for consideration. It computed the number of lunatics in the province to be one hundred and thirty, or one in every thousand of the population, and recommended suitable sites. It estimated the cost of buildings at less than £8000, furniture £2000, and land from £700 to £1000, according to the quantity purchased, and dealt with questions of cost of maintenance, amusement, religious instruction and possibilities of cure. Accompanying the report was a plan for the proposed structure, a modification of the asylum at Worcester, Mass.

Little further action was taken, however, until 1845, when a correspondence was entered into between the governments of Nova Scotia, Prince Edward Island, and New Brunswick with a view to the erection of a combined asylum for the three prov-

inces. Toward the furtherance of this object, the Nova Scotia and New Brunswick legislatures appointed commissions to confer on the subject. That of Prince Edward Island declined to do so, preferring the establishment of an institution for itself. The commissioners met in St. John on July 15th, 1845. After a full discussion of the matter they expressed the unanimous opinion that the difficulties attending the foundation of a joint institution were so numerous that they would not be justified in recommending such a course.

At the next session of the House of Assembly, held in 1846, a committee was appointed, to which was referred the question of the erection of a provincial asylum. Their report was to the effect that the accommodation in the temporary asylum was utterly insufficient, and that means should be immediately adopted to provide an institution commensurate with the requirements of the province.

After consideration of this report, the House voted £2500 toward the erection of an asylum for New Brunswick alone, under the direction of commissioners to be appointed by the governor in council, upon a suitable site near St. John. The building commissioners were selected by the governor, but nothing further was done that year as the government failed to approve of the plans submitted by the commissioners.

By an act passed the ensuing year, the legislature appropriated an additional sum of £10,000 for building (in all £12,500) and also £2000 for the purchase of land. The commissioners were by the same act authorized to procure a site and enter into contracts for the erection of a building.

The designs prepared, having been approved of by the government, ground was broken in September, 1846, on a plot of land, forty acres in extent, situated in the parish of Lancaster, less than a mile outside of St. John.

On June 24th, 1847, the corner-stone of the building was laid with masonic honors.

By the autumn of 1848 a portion of the building was so far advanced that on December 12th of that year it was opened by the transfer to it of the ninety patients then resident in the temporary asylum at St. John. The operation of the institution, the legal title of which was, as it still remains, the Provincial Lunatic Asylum, was begun under Dr. Peters, medical superintendent.

On March 27th, 1849, an act was passed by the legislature to make provision for the management of the establishment, and for vesting the property in the Queen's Majesty, her heirs and successors. By the terms of this act there was to be a board, consisting of not less than five, or more than nine, commissioners, appointed by the governor in council to conduct the affairs of the asylum, said commissioners to receive no compensation. This board, of which three were constituted a quorum, was given power to make by-laws, etc., which, however, were to be submitted to both branches of the legislature. Provision was also made for a monthly visitation of the asylum by one or more of the commissioners; half-yearly visitations by the majority of them; and a yearly visitation by the entire board, which had to report to the governor in council. Another provision of the act exempted the medical officer, keepers and under-keepers, and servants of the asylum from service in the militia and on juries.

Toward the close of the first year of the asylum's existence, Dr. Peters retired from the office of medical superintendent, and on December 1st, 1849, Dr. John Waduell was appointed to fill the vacancy, entering on the discharge of his duties on the 6th of that month.

By 1853, the part of the building originally constructed had become filled to overflowing, and a wing was erected on the south side, which gave a temporary relief.

For a number of years there had at different times been complaints with regard to the management of the various provincial institutions under the old Tory (Family Compact) party, and in 1857, after the advent of the Reformers to power, the House of Assembly passed a resolution to the effect that it was in the opinion of the House the duty of the government to cause inquiry to be made into the management of the lunatic asylum, and all other institutions receiving provincial aid, with a view, if possible, to reducing the expenses of maintaining the same. Commissioners were accordingly appointed to inquire into the management of the asylum and other public institutions. Their report was laid before the legislature in 1858. As a result, in 1859, the control of the asylum was vested in the provincial board of works.

In 1861 yet another change was effected by the transfer of the

control of the internal affairs of the institution from the old board of commissioners and their secretary to a new commission consisting of the heads of governmental departments.

The system then adopted still remains in vogue, the commissioners retiring with any change of government.

Prior to 1872, the medical superintendent was allowed no discretion whatever as to the character of patients admitted. Provided the required legal conditions were complied with, he was powerless to refuse any case. All classes were sent to him, and this without any previous application having to be made. The overcrowding of the institution led to the betterment of this state of affairs by the publication, on June 26th of that year, of the following regulation made by the commissioners:

"It is ordered, in consequence of the crowded state of the Lunatic Asylum, that, until further notice, the Medical Superintendent be authorized to exercise his judgment in reference to receiving additional patients. All magistrates and others are therefore notified that, except in the case of Lunatics clearly dangerous and violent, it would be advisable before issuing or procuring warrants of apprehension and commitment, to communicate with Dr. Waddell."

On the 31st of October, 1875, after over twenty-six years of faithful service, Dr. Waddell tendered his resignation as medical superintendent. He was, however, induced to extend his term of office up to May 1st, 1876, that he might induct his successor, Dr. James T. Steeves, into the duties of the position.

On his installation, Dr. Steeves found the asylum much overcrowded. Some additional accommodation had been gained by the conversion of the basements and space over the laundry into dormitories, but at the close of his first year in office, the building, originally calculated to receive two hundred, had no less than two hundred and seventy-six inmates. To meet the emergency he suggested that the north and south wings of the building should each be extended one hundred feet so as to provide room for eighty more patients. A modification of this suggestion was carried into effect on the male side in 1879-80, and on the female side in 1881-82. The relief, however, was but ephemeral. Very soon the building was again crowded, and the problem of providing for those seeking admission became as pressing as before.

Under these circumstances, the government, fully recognizing that all lunatics are properly the wards of the state, determined upon the purchase of additional land and the erection thereon of separate buildings for the chronic insane. In accordance with this plan, in 1885, a farm of two hundred and fifty acres was purchased about a mile from the asylum proper. On this was erected a group of three two-story, brick pavilions for the accommodation of one hundred and fifty patients, with a residence for a steward, who was given the general management of affairs there under supervision of the medical superintendent. The central building and west wing of the group, which is known as the "Annex," were constructed in 1885; the east wing, in 1889.

The system thus inaugurated contemplates the erection of additional pavilions as they are from time to time required, and the transfer to them of quiet, chronic patients from the main, or reception, asylum as that building becomes filled. Here, with extensive agricultural facilities, their employment may be made useful both to themselves and the state.

#### ONTARIO.

The first movement toward providing for the insane in the then province of Upper Canada was made in 1830, when the House of Assembly passed an act authorizing the General Quarter Sessions to make provision for the relief of destitute lunatics in the Home District. This act, which in 1833 was extended to all the districts of the province, did not contemplate the erection of an asylum. It proposed merely to legalize the payment for the maintenance of lunatics in county jails, which until then, and for nearly eleven years thereafter, formed the only refuge, other than their homes, for these poor creatures.

The evil of the prevailing state of affairs was clearly recognized. Between 1830 and 1839 numerous attempts were made in the legislature toward the institution of an asylum, all of which, however, proved abortive. In 1831, the York Grand Jury reported in favor of building an asylum, wherein they considered the insane would receive greater care and comfort than was possible in the common jails. During the same year, notice was given in the House of a bill to establish an asylum in connection with York hospital, but it was not presented. In the ses-

sion of 1832-3, a motion was made in the legislature to grant £100 to be expended on plans and estimates for an asylum, but it failed to pass. Next session, 1833-4, a motion was made to grant £6000 for the erection of an asylum, but this also was voted down. In 1835 there was another notice of motion to establish an asylum, but it was not proceeded with. In 1836 a motion to grant £10,000 to defray the expense of building an asylum was made, but did not carry. The same session, a notice of motion for the erection of an asylum by a tax on banks was recorded, but never presented. Again, in the session of 1836-7, notice of motion was given to procure plans and estimates for a suitable building for the insane, but the motion was never made. Finally, on March 15th, 1839, a resolution authorizing a grant of £3000 toward the erection of a lunatic asylum was put and carried by a large majority. An act framed in accordance with this resolution was passed April 24th, and on May 11th received the assent of His Excellency, Sir George Arthur, then Lieutenant-Governor of the province.

#### TORONTO ASYLUM AND ITS BRANCHES.

That the need of accommodation for the insane was urgent, and that there was no disposition on the part of the people to await the erection of an asylum proper ere this truly afflicted class could be cared for, had been evidenced by the fact that on February 8th, 1840, the House of Assembly had presented an address to the Governor-General of British North America, reading as follows:

"May it please Your Excellency, we, Her Majesty's dutiful and loyal subjects, the Commons of Upper Canada, in Provincial Parliament assembled, humbly pray that Your Excellency will be pleased to direct that a suitable building be provided for, as well as a temporary asylum for the many unfortunate persons afflicted with lunacy in this Province, and beg leave to assure Your Excellency that this House will make good the expense that may be incurred thereby, and in affording relief to such subjects of distress."

At the beginning of the ensuing year, the urgency of the case was made still more apparent when the old York jail, erected in 1824, was abandoned. In its basement cells there had been con-



fined a number of lunatics. It became a question whether these should be transferred with the prisoners to the new jail which had been opened at the east end of the city.

The chairman of the board of commissioners for the erection of a lunatic asylum, took upon himself the responsibility of advising the sheriff to leave them where they were, and having secured the building at a rental of £125 per annum fitted it up as a temporary asylum for their use. This institution, which was opened January 21st, 1841, by the enrollment of seventeen patients, before confined as prisoners, was the first lunatic asylum in the province of Ontario. It was placed in charge of Dr. William Rees, who had long urged upon the government the necessity for such an establishment, and who, in September, 1840, had been nominated medical superintendent of the then proposed, now realized, temporary asylum.

This action of the chairman of commissioners was confirmed by the Lieutenant-Governor, to whom, in his report in September of this same year, Mr. Jamieson thus details the opening of the new establishment, and the happy change wrought thereby in the condition of the wretched prison lunatics:

"The necessary steps were taken as soon as the prisoners were removed to the new goal to render it fit for its new purpose. The building was cleaned and purified, and such repairs external and internal were made, and such furniture, clothing, &c., purchased as were indispensable. The patients (heretofore confined as prisoners) were taken from the cells in which they were closely confined, and where they had long, from the dire necessity of the case, been permitted to remain in filth and nakedness and impure air, all confirming their maladies, and placed in the now purified and airy debtors' room, carefully washed, clothed and placed under medical care, their food critically adapted to their physical state, and in fact everything done which the constant attention of a person devoted to his purpose could effect by the aid of the very limited means we could afford him. The effect of this new course of life was soon apparent; many who had long been confined as confirmed lunatics were found labouring not under mania but under derangement arising from physical causes and yielding to physical remedies. Several have completely recovered who, but for this treatment, would probably

never have exhibited another gleam of reason. So much good could, I am sure, never have been effected by mere occasional visits of a physician however skilful. The state of the asylum and the success with which it has been conducted drew forth the approbation of the Grand Jury who visited it on the 10th of June last. Until the Institution be properly organized and the means of permanent support secured it is not possible to throw it open for the reception of all who need it. There has, however, been a regular succession of new cases admitted, some of which have been successfully treated and the patients discharged."

From the same report we learn that there were admitted during the first half-year seven men and eight women, who, with the eleven men and six women originally prisoners in the jail, made a total of thirty-two patients under treatment. The staff consisted of the medical superintendent, a steward, a housekeeper and two servants, assisted by four persons from the district jail. The total expense for the period stated was £259 5s. 7d., being an average daily expenditure of 1s. 5d. per patient.

The commissioners for the management of the temporary lunatic asylum in their first report, that for 1842, detailed their having met at the asylum, and in compliance with a request of His Excellency framed a code of rules for the conduct of the institution. They also reported having examined the steward's accounts and reduced his charges for the board of each patient from ten to seven shillings per week, and that later they had made arrangements for the board of the patients at six shillings per week.

In the first report of the medical superintendent Dr. Rees expresses his belief in non-restraint, and regrets that they have so little room for exercise, but says he has made the best use possible of the yard and also sent patients out walking on the streets with trusted attendants, and others to the bay to fish.

The old jail, which seems to have afforded accommodation for barely one hundred patients, in a few years, was found inadequate to meet the demands for admission. Additional quarters were therefore sought elsewhere in 1846. The old, red brick parliament buildings, the erection of which had been begun in 1825 and completed in 1833, were then unoccupied, having been disused for legislative purposes since the union of the provinces in 1841.

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The increased accommodation required was procured by occupying for asylum purposes the east wing of this structure, supplemented by a rough-cast dwelling-house with a verandah on three sides.

Up to 1850, when they were abandoned, the condition of these temporary establishments was far from creditable, a fact in great measure due to the changes in management which occurred with startling rapidity.

The cause of these frequent changes is to be found in differences between the board of directors and the superintendents. Unfortunately, the act authorizing the creation of an asylum had vested the property in the board of directors instead of in the Crown, thus making them almost independent of the Government, while, at the same time it but inadequately defined the position of the superintendent, whose powers were not sufficiently extensive to enable him to enforce discipline. The employees took their orders from the directors, by whom alone, according to the terms of the act, they could be hired or discharged, rather than from the superintendent. The natural result was anarchy and neglect of the patients.

Dr. Rees seems to have fought hard for the necessary authority to carry on the institution in a proper manner, but the commissioners were too strong for him, and, on October 2nd, 1845, he was dismissed.

Dr. Rees was succeeded as medical superintendent by Dr. Walter Telfer. After something over two years' service he was charged with intoxication while on duty and with the appropriation of institution supplies. The evidence against him does not seem to have been at all conclusive, but the result, nevertheless, was his dismissal. Dr. Telfer's removal from office was the cause of a great deal of newspaper controversy, but does not seem in the least to have affected his standing in the community or profession.

The next choice of the commissioners was Dr. Park, whose chief qualification was at the time said to have consisted in his being brother-in-law to Dr. John Rolph, then a man of much political influence. The appointment was made May 31st, 1848. Almost immediately there was the same old difficulty between the superintendent and the commissioners, each claiming su-

preme authority in the engagement and discharge of employees. On one occasion Dr. Park discharged an attendant for drunkenness and insubordination. The board reinstated him. Dr. Park immediately discharged him again. The board reinstated him a second time. The man was finally discharged for some offense that even the board could not condone. On another occasion Dr. Park engaged an attendant and a cook. The board dismissed them. In retaliation, Dr. Park suspended the steward, who had been engaged by the board, and intimated his intention to treat all the attendants similarly. As a result of this the board resigned, but the government refused to accept the resignation. At last the antagonism reached such a pitch that Dr. Park threatened to call in the police to support his authority. Finally, on the 26th of December, 1848, after less than seven months' service, the doctor was dismissed. The charges against him were:

"1. He manifests a disposition to interfere in the general affairs of the Institution. For example, he gives orders respecting the diet of the servants.

"2. He made arrangements with a merchant to supply a quantity of blankets.

"3. He insisted, in defiance of the rules, that he had a right to be present at the meetings of the Board."

Dr. Park gave place to Dr. Primrose, whom the board appointed acting superintendent only, so that, it was currently reported, the position of superintendent of the new asylum, then nearly completed, might be kept open for a Dr. Scott, son-in-law of the Rev. Mr. Roaf, one of the commissioners. Be that as it may, Dr. Primrose retired at the close of 1849, after about eleven months' service, in favor of the aforesaid Dr. Scott.

Of the medical treatment about this period we have the testimony of a disinterested outsider in the person of Mr. J. H. Tuke, brother of the eminent alienist, the late Dr. D. Hack Tuke, who, on visiting Toronto in 1845, made the following entry in his diary:

"TORONTO, Sept. 30th, 1845.—Visited the lunatic asylum. It is one of the most painful and distressing places I ever visited. The house has a terribly dark aspect within and without, and was intended for a prison. There were, perhaps, seventy patients, upon whose faces misery, starvation, and suffering were indelibly

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"The foreheads and necks of the patients were nearly all scarred with the marks of former cuppings, or were bandaged from the effects of more recent ones. Many patients were suffering from sore legs, or from blisters on their backs and legs. Every one looked emaciated and wretched. Strongly built men were shrunk to skeletons, and poor idiots were lying on their beds motionless, and as if half dead. Every patient has his or her head shaved. One miserable courtyard was the only airing court for the 60 or 70 patients—men or women. The doctor in response to my questions, and evident disgust, persisted that his was the only method of treating lunatics, and boasted that he employs *no restraint* and that his cures are larger than those in any English or Continental asylum. I left the place sickened with disgust, and could hardly sleep at night, as the images of the suffering patients kept floating before my mind's eye in all the horrors of the revolting scenes I had witnessed."

Luckily, during this early period of squabbling, mismanagement and neglect, the erection of a proper asylum was not altogether lost sight of. Fifty acres of the ordnance department lands at the west end of the city, having been granted for the purpose, a commission was appointed, September 24th, 1844, to superintend the erection of a permanent asylum thereon.

Work was begun June 7th, 1845, and on August 22nd, 1846, the corner-stone was laid with imposing ceremony by the Hon. John Beverly Robinson, Chief Justice of the province, in the presence of the most noted members of the learned professions, the mayor and corporation, the various national societies, and the inhabitants of the city generally.

By January 26th, 1850, the main building was sufficiently advanced to admit of the transfer of the patients, two hundred and eleven in number, from the parliament buildings, old jail, and Bathurst street house. The wings were not completed until 1869 and 1870. This hasty removal was rendered imperative in the case of the first-named edifice by the fact that after the burning of the parliament buildings at Montreal by a mob on the

night of April 25th, 1849, Lord Elgin and his ministers had decided that the two remaining sessions of the existing parliament should be held in Toronto. The old building was, therefore, once more required for legislative purposes, the session having been called for May 14th, 1850.

The official title of the new institution was "The Provincial Lunatic Asylum," which it retained until 1871, when, by statute of Ontario, it became "The Asylum for Insane, Toronto."

The first superintendent of the new establishment was Dr. John Scott, whose appointment dated from January, 1850. As was inevitable under the system of management governing it, differences between the superintendent and the commissioners soon began to crop up. Within eighteen months an attendant made a series of charges against Dr. Scott. Of these the most important were: That his deportment was ungentlemanly; that he called the patients and attendants such names as "lazy brute, sleepy-head," and "sloven"; that he spoke of Dr. Widmer, chairman of the board of commissioners, as "an old fool," and of the matron as "a peacock"; that he refused an attendant leave to see his child when at the point of death; that he put patients on bread and water for bad conduct; that he used a large quantity of institution carrots for his horse; and that he caused a certain suicidal patient to be put alone into a room in which she hanged herself to the bed-post.

The charges were investigated by the commissioners, who reported that the medical superintendent was lacking in consideration to the officers and servants, that he was ill-tempered, and that he at times made unbecoming and injudicious remarks. No action was taken, however.

A few months later one of the city papers published a startling announcement to the effect that the Toronto asylum was being converted into a dissecting-room. A patient, having died at the asylum, the usual inquest was held and the body coffined and sent to the potter's field for burial. The sexton thinking the coffin light, opened it, and found an arm, a leg, and the head missing. Two days later, a box was sent from the asylum for interment. This was found to contain the parts wanting. On these a second investigation was begun, at which it was shown that there had already been an inquest held on the body to which these portions

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belonged. The coroner, therefore, decided that a second inquiry was unnecessary. This exposure having caused much excitement among the citizens, the board of commissioners held a meeting at which Dr. Scott admitted that he had removed parts of the body for anatomical purposes. In consequence it was moved that—"The Medical Superintendent, has by his conduct in mutilating the body of a deceased patient, laid himself open to the charge of indiscretion and want of judgment, and that he be and is hereby severely censured and admonished therefor."

After this the difficulties between the superintendent and commissioners grew from bad to worse, and culminated in the resignation of the former, in 1852.

Dr. Scott was succeeded, on July 1st, 1853, by Dr. Joseph Workman, whose labors on behalf of the insane will ever remain one of the brightest spots in the annals of Canadian asylums. Dr. Workman accepted temporary charge of the asylum at the personal solicitation of the Hon. Dr. Rolph, then President of the Council in the Hincks-Morin administration. His appointment was made permanent on April 1st of the following year.

Born in Lisburn, Ireland, in 1805, Dr. Workman came to Canada in 1829, and having entered upon the study of medicine at McGill college, Montreal, graduated therefrom in 1835. In 1836 he removed to Toronto, where he engaged in the hardware business, returning to the practice of his profession in 1846. He was immediately chosen as one of the staff of Dr. Rolph's school of medicine, and for some years filled the chairs of obstetrics and materia medica, gaining at the same time a favorable reputation as an able physician. The wielder of a keen and ready pen, before his appointment as superintendent he had won for himself a prominent position as an original writer and thinker. As superintendent, he was from the first a marked success, and soon became, as he remains to this day, the most noteworthy of Canadian alienists.

Much that is best in the present system of caring for the insane in Canada can be traced to the wisdom of this accomplished gentleman, fittingly styled by Dr. D. Hack Tuke "the Nestor of Canadian alienists." Under his régime mere custodial care, with more or less neglect and cruelty, gave place to a system of kindness and scientific treatment.

The strong point in Dr. Workman's alienistic career was his absolute identification with his patients. His life was spent within the walls of his asylum; he had no thought of being elsewhere. No man ever more thoroughly entered into the insane nature of those around him.

All honor to one who was foremost in the early care and treatment of the insane in Canada! The blessed results of his labors can never be fully estimated, and if ever a man's good works follow him, Dr. Workman will indeed have a rich harvest.

Possessed of much energy and great executive ability, Dr. Workman during his management of Toronto asylum introduced many improvements, one of the first of which was a reconstruction of the drainage. On taking charge he had found three hundred and forty-seven patients in residence, many of whom had frequent attacks of erysipelas, diarrhoea or dysentery. Setting to work to investigate the cause, he soon made the discovery that the whole of the space beneath the basement was one foul and enormous cess-pool. When this was emptied it was found that while the basement drains and main sewer were admirably constructed, by some oversight no connection had been made between them, the result being that nearly four years' accumulation of filth had collected there. The proper junctions made, a reorganization of the ventilating and water-closet systems followed, and there ensued a marked improvement in the general health of the household.

In these and other reforms Dr. Workman was greatly aided by the fact that prior to his assumption of office there had been a radical and much-needed change in the system of governing the asylum. On June 20th, 1853, the old board of twelve directors was replaced by a visiting committee. The act authorizing this change also vested the property in the Crown; placed the appointment of the medical superintendent, as well as that of a bursar, in the hands of the government; and gave to the superintendent power to hire and dismiss all officers and servants other than the bursar.

This new system of control remained in force up to December, 1859, when, under provision of the Consolidated Statutes of Canada, the visiting committee was superseded by the appointment of a board of five inspectors by the legislative assembly.



On taking up the reins of government, Dr. Workman had found the asylum much overcrowded, and this overcrowding was constantly increased by applications to which he was unable to refuse admission.

To relieve this congested condition, in July, 1856, a building, which had been erected as the commencement of the University of King's College, about thirteen years previously, was converted into a supplemental asylum. The new adaptation, known as the University Branch, was placed under the charge of Mr. Robert Blair.

It remained in use for a period of thirteen years, and was abandoned in October, 1869, on the opening of the new female wing of the parent establishment.

The temporary relief from overcrowding thus obtained was soon exhausted, and in the summer of 1859 it was decided by the government to convert the old military barracks at Fort Malden near Amherstburg, into another branch asylum. With the view of effecting this object Dr. Andrew Fisher, one of Dr. Workman's assistants, was appointed medical superintendent, with instructions to have the necessary alterations and repairs effected in the shortest possible time. Dr. Fisher, accompanied by twenty male patients to assist in making the needed changes, reached Fort Malden on July 14th, and by October had so pushed forward the work that he was able to receive another detachment of sixty-four patients from the provincial asylum, and by December, a third. The old barracks, which had done service as a military post during the troubles of 1837 and up to about 1858, were large, two-story with an attic, frame buildings, but ill adapted for asylum purposes, inasmuch as they contained no single rooms, and all the dormitories opened into one another. The situation, however, was excellent. The grounds, fifty-eight acres in extent, afforded ample scope for recreation and agricultural pursuits, and the outlook over the Detroit river was unsurpassed. Malden continued a branch of, and was fed from, Toronto asylum up to September 24th, 1861, when it was made an independent institution, and had assigned to it as feeders the seven adjacent counties. It continued under the administration of its first superintendent up to June, 1868, when, fault having been found with his management, Dr. Fisher resigned, to be succeeded, July 1st, by Dr. Henry Landor.

The year of the conversion of Malden into an independent establishment witnessed the birth, at Orillia, of yet a third child of the provincial lunatic asylum. This, the Orillia Branch, was established in a large, three-story, brick building, which, originally designed for a hotel, but left unfinished, had been purchased, in 1859, for \$16,800 by the province of Canada and fitted up as an asylum. It was opened August 13th, 1861, under the charge of Dr. John Ardagh, and continued in operation up to November, 1870, when it was abandoned on the transfer of the patients to a new asylum then opened at London. The services of Dr. Ardagh were at this date dispensed with, there being no longer an institution for him. Intended for the express purpose of housing chronic and incurable lunatics, the Orillia asylum was absolutely dependent upon the Toronto institution, whence all its occupants were transferred with the exception of about a dozen cases admitted direct at various times with the consent of Dr. Workman.

#### LONDON ASYLUM.

After confederation of the provinces on July 1st, 1867, the asylums came under the control of the local legislatures, and, in 1868, Ontario adopted the present system of direct governmental supervision, through an inspector appointed for that purpose. The first inspector under the new regulation was J. W. Langmuir, Esq., a man of great energy and extraordinary business capabilities, who did much to place the asylum system of the province on a practical business-like basis.

In his first report, we find Mr. Langmuir urging upon the government the pressing need of increased accommodation for the insane. The urgency of the case was recognized by the legislature, which, in 1869, made an appropriation of \$100,000 toward the erection of a new asylum, work upon which was begun immediately. London, as most central to the population it was intended to benefit, was selected as the location of the proposed structure, and three hundred acres of good, arable land were purchased about two miles east of that city. The institution was ready for the reception of patients November 18th, 1870, on which date the inmates of the Orillia branch asylum, one hundred and nineteen in number, arrived. They were followed on the 23rd by those of Malden, numbering two hundred and forty-four.

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These supply depots were closed upon the departure of their occupants. Dr. Landor, superintendent at Malden, took charge of the new establishment.

London asylum has been enlarged on several occasions; in 1872, by the creation of a department for idiots. This structure, though insignificant in itself, being capable of housing but thirty-eight inmates, is yet of considerable interest, having been the first building erected in the province for the reception and care of idiots only. Within two months after its opening this little idiot asylum was filled, showing the urgent need for such an establishment. In 1879, it was again adapted to the use of the insane, the idiots being transferred to a new idiot asylum at Orillia.

The year 1877 was a sorrowful one for the asylum at London, witnessing as it did, on January 6th, the death of its first superintendent.

Fortunately, Dr. Landor found a worthy successor in the person of Dr. Richard Maurice Bucke, at that time in charge of the recently created Hamilton asylum. Dr. Bucke assumed the superintendentship February 15th, 1877, and still continues to fill the office with great credit to himself and benefit to the institution. To him is due the introduction into Canada, in 1883, of the non-restraint system, which is now the accepted principle in the treatment of the insane throughout the Ontario institutions. This fact is of special interest, as at that time nearly every American superintendent regarded the doctrine of non-restraint as purely utopian, and to be ridiculed accordingly.

#### KINGSTON ASYLUM.

To follow the origin of what is the second oldest asylum in the province of Ontario, it is now necessary that our steps should be retraced somewhat.

In 1841, John S. Cartwright, Esq., a member of the first parliament after the union of the Canadas, built for himself a fine, stone mansion, with very handsome stables, also of stone, about a hundred yards therefrom. These structures were erected on the Cartwright estate, known as "Rockwood," a tract of about forty acres on the lake shore, a little to the west of the city of Kingston. In October, 1856, thirty-three acres of this estate, including the buildings, were purchased by the Crown as a site for a

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criminal lunatic asylum. After the purchase had been completed, the stables were fitted up for the reception of twenty-four female patients, the male patients having been already located in the basement of the penitentiary. This substitute for an asylum was arranged with single rooms for twenty inmates, while a wooden addition made thereto comprised "four strong cells," a "keeper's room," and a dining-room, beyond which again was a kitchen. The size of the single rooms was nine by five feet. They were lighted by miserable, little, barred peep-holes measuring only eighteen by twelve inches. The entrance was on the west side, and a small hallway was used as an office. Dr. J. P. Litchfield had charge of the patients both here and at the penitentiary, his appointment dating from March, 1855. He had his private residence in the Cartwright mansion, where there also dwelt, under his immediate supervision, a well-to-do gentleman of unsound mind. Close by was a small, stone cottage, of still earlier construction, the home of one of the members of the Cartwright family, which at a later date was acquired by the hospital.

The three structures referred to are still in existence, and form parts of the present Kingston asylum, generally known as Rockwood Asylum, or Hospital. The old stables have reverted to their original use; the small, stone house is the north cottage, occupied by quiet female patients; and the new residence of the Cartwright family is the dwelling of the medical superintendent.

Three years after the opening of the institution, namely, September, 1859, the erection of the present asylum was begun.

The new building was erected chiefly by convict labor, occupying over eight years in construction. The centre building and east wing were the portions first built. In 1862, a part of the former was sufficiently advanced to admit of its being temporarily fitted up for the reception of twenty-one men, whose removal from the basement of the penitentiary greatly relieved the pressure there. On March 24th, 1865, the building was formally opened by the transfer to it of the rest of the male patients. By the end of 1867, the west wing for women was virtually completed, although not opened until early in 1868, when the stable-asylum was vacated. The asylum was constructed of coursed, cut stone from the penitentiary quarries. It was continued under the superintendence of Dr. Litchfield up to his death, December

been completed, twenty-four female patients located in the new asylum was while a wooden building, a "keeper's house" was a kitchen. They were measuring only on the west side, J. P. Litchfield penitentiary, his private residence dwelt, under man of unsound still earlier conducted the Cartwright hospital.

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18th, 1868, when Dr. J. R. Dickson, surgeon of the penitentiary, was appointed to the position.

Rockwood, as already stated, was intended for insane criminals and the criminal insane only, but, the Toronto asylum being full, friends, in their anxiety to have insane relatives placed in safe-keeping, perhaps also with the object of saving themselves the cost of transport to that institution, soon found a means to evade the law, which but inadequately safe-guarded the real purpose of the establishment. The process of evasion was simply to have the poor lunatic committed to jail as dangerous, whether really so or not. To prevent this abuse, we find the inspectors, as early as 1862, recommending that Rockwood should be used as a general, as well as a criminal, asylum.

At Confederation the asylums and jails passed into the hands of the provincial government, with the exception of Rockwood, which as a part of the penitentiary remained under the same supervision.

By this time, lack of accommodation in the provincial asylum at Toronto had made it necessary to send many of the insane to the common jails for safe-keeping, where they soon became so numerous that it was absolutely requisite to take immediate steps to remedy the evil. Negotiations were accordingly entered into with the Dominion government whereby, in 1868, the "Act respecting a Lunatic Asylum for Criminal Convicts" was repealed, and arrangements concluded for the reception of one hundred to one hundred and fifty of these poor creatures into Rockwood asylum, it being distinctly understood with the authorities of that institution, that all insane persons thus sent from the jails of the province would be kept entirely separate from the criminal portion of the population. The rate of maintenance was fixed at \$143 per annum, and permission was given the inspector of Ontario institutions to visit, unofficially, for the purpose of seeing the patients sent in and paid for by that province. This, as pointed out by the inspector, was practically the "farming out" system of maintaining lunatics, and that, too, without the supervision of the government paying for such maintenance. To abrogate this the legislative assembly, in 1871, adopted a resolution affirming the advisability of the province's acquiring Rockwood asylum, either by purchase or lease. A corresponding resolution passed the

Dominion parliament authorizing negotiations for its transfer to the province. It was not, however, until July 1st, 1877, that the Ontario government took possession of Rockwood, purchasing the buildings and grounds for \$96,500. As soon as the property was handed over by the Dominion authorities, the insane convicts of unexpired sentence then in the asylum, twenty-two in number, were transferred to the penitentiary, where a special detached building has since been provided for this class of patients. Dr. Dickson, who had earnestly advocated the change, was retained as superintendent of the new provincial establishment, the name of which was changed from Rockwood asylum to "The Asylum for Insane, Kingston."

#### QUEBEC.

Quebec is the only one of the provinces of the Dominion in which there are no state institutions for the care of the insane, its provision for this unfortunate class consisting of four proprietary establishments, and one incorporated, charitable institution. The former are the Quebec Lunatic Asylum, St. Jean de Dieu Asylum, St. Julien Asylum, and Baie St. Paul Asylum; the latter is the Protestant Hospital for the Insane, situated on the outskirts of Montreal.

#### BEAUPORT ASYLUM.

The Quebec Lunatic Asylum, formerly known as Beauport Asylum, is the oldest of the Quebec institutions, having entered upon the fifty-fourth year of its existence.

During early times, if harmless, lunatics were allowed to wander about at will, or cared for at home; if dangerous, they were incarcerated in jails like ordinary criminals. Toward the close of last century, an act was passed authorizing an appropriation for insane persons in the province of Lower Canada, at the rate of one shilling and eight pence each per day. Under this act the insane were intrusted to the care of certain religious communities in the districts of Montreal, Three Rivers, and Quebec. These communities, however, possessed no proper places or means for the care of the unhappy creatures, who were generally shut up in damp, separate cells, and sometimes chained. Strong representations were made from time to time by different grand juries of the unfitness of these receptacles, and of the general

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ill-treatment accorded the wretched inmates, but for many years the system remained unchanged. Their inability to cope properly with the task they had assumed, was soon recognized by the religious bodies, and, in justice to them, it must be said they repeatedly urged the pressing necessity of better accommodation for the lunatics under their care.

By 1845, the number of the insane had increased to such an extent that the provision of a special institution for them had become a crying necessity. The government, however, was unwilling, or unable, to undertake the creation of such a structure. Under these circumstances, the idea was taken up by three prominent physicians of the city of Quebec, James Douglas, Joseph Morrin, and Charles J. Fremont. The governor-general of Canada warmly encouraged the project by promising the support of the government. He also undertook the removal to the proposed establishment, when fitted up, of all the lunatics then confined in the general hospital at Quebec, the nunnery at Three Rivers, and the jail at Montreal.

The proposers of the scheme at once set about its accomplishment. To this end they acquired by lease a property once the manor-house of M. Giffard, seigneur of Beauport. It was situated in the parish of Beauport, whence the name of the asylum, and comprised about two hundred acres of land commanding a magnificent view of the city and harbor of Quebec. There was in addition to the family mansion, which was a large, two-story, stone edifice, an extensive block of outbuildings, also of stone.

By the 15th of September, 1845, the establishment had been prepared for the reception of one hundred and twenty patients, and on that date the lunatics in charge of the religious ladies of the general hospital of Quebec were removed thither. They numbered twenty-three. Of these poor creatures, one had been confined twenty-eight years, and several upwards of twenty years, in small, dark, stone cells, which they had never been allowed to leave. Their delight upon again being restored to light and comparative freedom can well be imagined. The story of the removal is thus dramatically given:

"They were removed in open carriages and in cabs. They offered no resistance—on the contrary, they were delighted with the ride, and the view of the city, the river, trees, and the passers-

by excited in them the most pleasurable emotions. On their arrival at the Asylum at Beauport, they were placed together at table to breakfast, and it was most interesting to witness the propriety of their conduct, to watch their actions, to listen to their conversation with each other, and to remark the amazement with which they regarded everything around them. All traces of ferocity, turbulence, and noise had suddenly vanished, they found themselves again in the world, and treated like rational beings, and they endeavoured to behave as such. One, a man of education and talents, whose mind was in fragments, but whose recollection of a confinement of 28 years was most vivid, wandered from window to window. He saw Quebec and knew it to be a city; he knew ships and boats on the river and bay, but could not comprehend steamers. Before leaving the General Hospital the Nuns had clothed him well and given him a pair of shoes. He remarked that he had been a long time shut up, and that it was 19 years since he had last seen leather. Another, a man who had been confined 20 years, and who had always evinced a turbulent disposition, demanded a broom and commenced sweeping; he insisted on the others employing themselves also; he observed, 'These poor people are all fools, and if you will give me a constable's staff, you will see how I will manage them, and make them work.'

On September 28th the patients confined in Montreal jail, fifty-two in number, were transferred, followed, on October 5th, by those in Three Rivers, numbering seven. The condition of the latter was much more wretched than that of those from Quebec and Montreal. Some of them had been for years kept fastened to staples driven into the floors of their cells, and all arrived at Beauport chained and handcuffed.

The agreement of the proprietors of Beauport with the government was that they should be paid at the rate of \$143 annually for each public patient, said sum to include board, lodging and medical treatment. The last was immediately directed by Dr. A. Von Iffland, who was appointed resident physician.

Being subsidized by the State, the establishment was placed under the supervision of a board of commissioners.

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ada, which had been for a term of three years, expired October 1st, 1848. On its renewal for a further period of seven years, they determined to seek fresh quarters for their charges. This step was rendered necessary by the fact that the original building was capable of accommodating one hundred and twenty patients only, whereas the number on the date of the expiration of the contract had reached one hundred and thirty, with every prospect of a speedy increase. A fine property of one hundred and seventy acres, lying near the St. Lawrence, was accordingly purchased. It was located in the parish of St. Roch, on the "Chemin de la Canardière," about a mile from the parent institution. Here, in 1848, was begun the erection of a new asylum, which was opened in April, 1850. With the change of location the name of the establishment was altered from Beauport asylum to the Quebec Lunatic Asylum. The latter remains the official title of the institution, though it is still often designated by its old appellation, Beauport.

In February, 1854, the western, or female, wing of the building was destroyed by fire. Providentially, the conflagration was unattended by loss of life. Through the kindness of the government the patients, numbering ninety-eight, were accommodated in a part of the Marine Hospital, where they remained up to May following. At that date they were transferred to a large, two-story, stone building, adjoining the asylum premises, leased for the purpose and subsequently purchased from Mr. O. L. Richardson. This new addition was sometimes known as the "White House" from its being brilliantly whitewashed; sometimes as the "Richardson House," from the name of its former owner. In the meantime, a contract had been let for rebuilding the wing destroyed. The work was pushed rapidly on, and the women were soon enabled to take possession of their new home, the "White House" being reserved for the reception of male patients of dirty habits.

At the close of the year 1859, the asylums and prisons of the united provinces of Upper and Lower Canada were placed under the control of a board of inspectors. Beauport, however, as private property and in all matters of internal economy subject to the proprietors only, passed but partially within the jurisdiction of this board. The members thereof had no power to give

orders respecting its management, their duties being limited to inspecting and making report of its condition. The inspectors, in their first report, complained of the overcrowded condition of the institution, and strongly urged the necessity for the foundation of another asylum for the western part of the province. The services of a resident physician having been dispensed with by the proprietors, probably on the score of economy, the board also regretted the want of such an official.

The want was remedied in 1863, when the proprietors once more appointed a resident physician, Dr. L. Catellier.

In 1860, Dr. Morrin disposed of his interest in the establishment to Drs. Douglas and Fremont, and, the latter dying in 1862, his share was purchased by Dr. J. E. Landry. Under the new management extensive improvements to obviate the overcrowding which the inspectors had complained of, were determined on. These improvements, which consisted in the reconstruction of the main building and the erection of two additional wings, were begun in the spring of 1863. In January, 1864, the new premises were occupied.

The institution as thus reorganized, although offering comfortable accommodation for four hundred and fifty patients, was soon again found inadequate to meet the ever-increasing demands for admission. The proprietors, accordingly, in August, 1864, began the erection of a large, detached building, capable of housing three hundred inmates. It was designed to occupy the site of the annex known as the "White" or "Richardson House," which had to be pulled down to make way for it. In consequence of this, some of the ninety patients lodged therein had to be crowded into the main building, and others received in a cottage originally intended for the family of one of the officers. Work was pushed forward so vigorously that by April, 1865, the building was sufficiently advanced to admit of the removal to it of one hundred patients from the main asylum. By September of that year, the edifice was completed. The new structure was devoted exclusively to men, the main building being reserved for women. Fifty acres of land were at the same time added to the property by purchase, bringing the total area up to two hundred and twenty-five.

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main structure in 1863, the inspectors strongly condemned the system adopted of placing the dormitories, like prison cells, back to back, with no light other than that coming from the corridor in front of them through small openings in the doors. The idea seems to have been gradually forcing itself on them, that the comfort and welfare of the patients were, in the estimation of the proprietors, considerations entirely secondary to the money to be made out of them.

During 1865, in addition to the board of commissioners, which still continued in existence, and the board of inspectors, the government decided to assign a visiting physician to Beauport, said officer to be named by the Governor-General, but paid by the proprietors.

The records of patients, as kept at this time in Beauport, were of the loosest, nor were the proprietors altogether to blame, as evidenced by their complaining, in their annual report for 1866, that in cases sent to them from jails they were rarely furnished with any information other than the name of the patient. This cause of complaint was stated to have existed for over twenty years, and, as a consequence, there were many patients in the asylum about whom literally nothing beyond the name was known, and not always that to a certainty. They, therefore, asked the government to insist that the jail surgeons should send a proper history of each case. This was done, the result being a great improvement in the statistical registers of the asylum.

At Confederation, the old board of inspectors ceased to exist as regarded the supervision of lunatic asylums, which became purely provincial institutions. It was replaced by a new one, appointed by the government of the province of Quebec.

On January 29th, 1875, Beauport was again visited by fire, this time unfortunately with fatal results. As before, the women's department was the scene of the conflagration, which resulted in the death of twenty-six of the inmates, and the destruction of much of the main edifice. The patients thus deprived of shelter were housed in the various outbuildings, and cottages of the employees, while the work of reconstruction was proceeded with. No time was lost, and by the end of September the building was again habitable.

In November, 1879, the board of commissioners, in existence

since the inception of the establishment, was abolished, and an additional visiting physician appointed in the person of Dr. A. Vallée.

About 1880, differences began to arise between the government, on the one hand, and the proprietors of Beauport and the more recently created St. Jean de Dieu asylum, on the other. These differences had reference to the care bestowed upon the patients by the proprietors, and the degree of governmental supervision to be exercised over the admissions. That the complaints of the government were not without cause, was clearly shown through a report made by Dr. D. Hack Tuke. This world-renowned alienist, after visiting the asylums of the province in the summer of 1884, arraigned in no measured terms the "farming out," or contract system; the general care given the patients; the excessive amount of restraint employed; and the lack of power vested in the government visiting physicians.

This exposé by Dr. Tuke led the Medico-Chirurgical Society of Montreal to pass a series of resolutions condemning the condition of the asylums, and calling upon the government to institute a thorough investigation, and to take action thereon. This was done, and in 1885 an act was passed placing the medical control of these establishments in the hands of the government, which reserved to itself the appointment of a medical superintendent and assistant physicians for each of them. These officers, in each asylum, constituted a medical board, to which was given supreme control in all matters relating to the admission and discharge of patients. The care and treatment of the inmates were also placed under its direction, the proprietors being bound to carry out all recommendations made. By this law, Dr. A. Vallée, previously government visiting physician, became the first medical superintendent of Beauport.

The resistance offered to reform by the proprietors of the two asylums was strenuous and persistent. The result was that, in September, 1887, a Royal Commission was constituted to inquire into the difficulties which had arisen in consequence of the attempt to enforce the statute, and whether it exceeded the rights which the government held under its contracts with the proprietors.

The conclusions arrived at by the commission with regard to Beauport were, that the institution was much behind those of

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other countries in many important details, and that the proprie-  
tors were not fulfilling the conditions of their contract with the  
government. On these grounds, they recommended the cancella-  
tion of the contract, the acquirement of the asylum by the gov-  
ernment, and the commitment of its internal administration to a  
religious community, said commitment to be safe-guarded by  
confining the rôle of the religieuses exclusively to the domestic  
and administrative management. The commission also con-  
demned, on general principles, the "farming out" system, and  
enunciated the doctrine, that the medical superintendent "should  
be the head of the establishment, be in authority and have under  
his own absolute direction the medical, moral and dietetic treat-  
ment of the patients."

The recommendation of the commission, as regarded the can-  
cellation of the Beauport contract, was not acted upon, but steps  
were taken to remedy some of the graver abuses. On its expira-  
tion, however, in April, 1893, the asylum passed by purchase  
from the hands of its former proprietors into those of the Sisters  
of Charity of Quebec, with whom the government made a fresh  
agreement for the maintenance of the public insane at \$100  
annually per head.

Under the new contract, the medical control was kept in the  
hands of the government, and Dr. Vallée became medical super-  
intendent *ipso facto* as well as *ipso jure*. In the hands of this  
gentleman, who, with his assistants, is paid by the province, was  
vested the entire management of the institution as regarded ad-  
missions, discharges, and all matters pertaining to treatment, both  
medical and moral. Dr. Vallée soon proved himself well fitted  
to wield the increased powers intrusted to him. Under his direc-  
tions, the Sisters in 1893 in the women's building, and in 1894 in  
the men's, went to a large expense in making changes and im-  
provements. In treatment the non-restraint system has been  
adopted.

#### ST. JOHNS ASYLUM.

As already stated, the board of inspectors of asylums and  
prisons, constituted in 1859, had pointed out in the strongest pos-  
sible terms the greatly overcrowded state of the Beauport asylum  
and the urgent necessity for the creation of another institution.  
The government, accordingly, in 1861, responded to their recom-

mendation by proposing to convert the old military barracks at Fort St. Johns, which had been given up by the Imperial authorities to the provincial government, into an asylum for the western half of Lower Canada. To this end, Mr. J. C. Taché, one of the inspectors, and Dr. Workman of Toronto asylum, were commissioned to visit the buildings with a view to reporting what was necessary to be done in order to fit them for their new use. The visit was made, and Dr. Henry Howard of Montreal, who had been appointed medical superintendent, on June 6th, had almost completed the arrangements recommended, when the threatening prospect of a war with the United States, owing to the Trent Affair, compelled the Home government to resume the occupancy of Fort St. Johns for purposes of defence.

Under these circumstances, Dr. Howard advised that an old building in St. Johns, formerly used as a court-house, should be made to answer for a few months as a temporary asylum for fifty patients, twenty-five of each sex. Being instructed to take immediate possession and fit it up as such, he at once set to work, and on August 27th, was able to receive eleven patients sent to him. By the end of the year the admissions had amounted to forty-eight.

The inspectors, on their first visit to the institution, styled the Provincial Lunatic Asylum, while commending the arrangements made by Dr. Howard as the best possible under the circumstances, condemned the establishment as altogether unsuited for an asylum, and quite inadequate to the wants of the province.

Dr. Howard labored under great disadvantages, and one of the most serious difficulties he had to encounter was to provide for the proper washing of his patients with dirty habits. How this was overcome is best described in his own words:

"I had only one temporary bath erected in an out-house, and which could not be used in cold weather; but even had I two or three of these baths to wash these patients as often as it was necessary, it would have been an endless task. In fact, I cannot conceive how it is possible, by the slow process of baths, to maintain cleanliness among the inmates of a lunatic asylum. Under this impression, I have lately effected a temporary arrangement, which I have found most valuable. This is a cell which, under ordinary circumstances, will answer for the confinement of an

unruly patient for a couple of hours; but the purpose for which I erected it was a washing place. It is three feet square, the floor an inclined plane, terminating in a sewer which connects with a wash-pipe. In the cell the patient is placed naked; or if his clothes are very dirty, he is allowed at first to keep them on; to wash him I then use the hose of a small fire engine, by means of which he is thoroughly cleaned, and immediately after taken out and rubbed by means of a coarse towel. The water used is tepid. Not only has a great saving in time and labor been effected by this means, but I really believe that it has had the moral consequence of making the patient clean in his habits; whilst the friction on the skin with the coarse rubbers has had a most excellent effect, as every one who has been accustomed to the care of lunatics knows the peculiar and offensive exudation from the skin, and how beneficial constant washing must be. Besides which, a first ablution of this character completely removes the vermin with which many, particularly such as have been confined in jails, are literally covered."

Dr. Howard also speaks strongly in favor of exercise, employment, amusement, good nourishment, and kindness as the main factors in treatment, but naïvely adds:—"It must not be presumed that punishment is never resorted to for the control of the unruly and disobedient. But when deemed advisable and necessary, this consists of a few hours' confinement in a cell, or a deprivation of one meal, or both combined. It is surprising how the lunatic, even, is subdued by confinement and a hungry stomach."

Year after year the inspectors and superintendent protested against the continued occupation of this building, but year after year it remained in use. The overcrowding, at the same time, instead of being lessened, increased. To such a degree was this carried, that, by the close of 1864, into a space far too contracted for fifty patients, as originally intended, there were actually packed sixty-four human beings. The horrible condition of affairs resulting was strikingly pointed out by one of the board, Dr. F. Z. Tassé, in 1866. By actual measurement he showed that there were but two hundred and twenty-one cubic feet of air-space for each patient, whereas the best writers on hygiene recommended that not less than eight hundred to one thousand

cubic feet, or even more, should be allowed. Continuing, he stated: "To this evil" (overcrowding) "is added the utter impossibility of providing them with employment, the recreation of walking, the sight of the country, and that variety of occupation which is the basis of all remedial agents, and which ought to be procured for them at any cost."

At length, the spirit of economy provoked the action which common humanity should have dictated long before. The year 1875 saw the closing of the first and, so far, the only government institution for the care of the insane in the province of Quebec. State care, in this respect at least, has from that time been a thing unknown. At St. Johns, as is certain to be the case in all small establishments, the cost of maintenance had always been much higher than at Beauport, or in any of the Ontario institutions, amounting annually to considerably over \$200 per head. On this account, the government, in 1873, accepted an offer made by the Sisters of Charity to receive the idiots, then supported at the public expense, into their hospital at Longue Pointe, and to maintain them at the rate of \$100 each per annum. This led to the removal, in that year, of thirty-four of this class who were among the inmates at St. Johns asylum. In 1875, when a like contract was made with the Sisters to receive the insane, the remaining patients were transferred therefrom, and the institution was finally closed, July 20th, 1875. The medical superintendent, Dr. Howard, accompanied the patients, receiving the appointment of government visiting physician to St. Jean de Dieu asylum, and assuming duty as such, August 1st, 1875.

#### LONGUE POINTE ASYLUM.

L'Hospice St. Jean de Dieu, or, as it is commonly called "Longue Pointe Asylum," from its being situated near the village of that name, is the property of Les Sœurs de Charité de la Providence. It owes its origin to a wealthy, retired merchant, one Jean Baptiste Gamelin, who, in 1823, had married a Miss Emélie Tavernier. The three children born of this union dying in infancy, the worthy couple adopted an idiot child. Monsieur Gamelin, at the time of his death, which occurred in Montreal, October 1st, 1827, confided this child to the special care of his wife, in these terms: "Continue de prendre soin de cet infortuné,



en souvenir de moi et pour mon amour." This request was piously fulfilled by Madame Gamelin, who, in addition, consecrated her life, as well as the fortune that had been left her, to the relief of the poor and afflicted, and became the foundress of the community known as the Sisters of Providence.

From the beginning, in memory of her husband, Madame Gamelin proposed that the care of the idiotic and the insane should be one of the charitable works of the order. Consequently, in November, 1845, a little, wooden house, from the color of its exterior called among the sisters "The Yellow House (Maison Jaune)," was appropriated as the habitation of a few lunatics. It was situated in the garden of the first establishment of the sisters, at the corner of St. Catherine and St. Hubert streets in Montreal, and was placed in charge of Sister Assumption, *née* Brady, who is reputed to have had special tact in soothing her patients by singing hymns to them.

The number that could be cared for in this modest retreat, the pioneer institution for the insane in the district of Montreal, was necessarily very small. In 1850, the Rev. Mère Gamelin, with Sister Ignace and Abbé Truteau, visited several asylums in the United States, their object being to examine into the management of these establishments with a view to the extension of their own sphere of usefulness. They returned fully resolved to pursue their good work on a larger scale.

The Community at this time had a farm near the village of Longue Pointe, about five miles from Montreal, known as the "Mission St. Isidore." This had been given to the sisters by the parish of Longue Pointe under certain conditions, one of which was that they should establish thereon a school for female children. In 1852, the parish still further assisted the order by helping it to acquire an additional property situated in the village on the banks of the St. Lawrence. To the buildings on this ground was given the name "Convent St. Isidore," and thither the Sisters removed their school. At the same time, in order to carry out the wishes of the lamented foundress of the order, as well as to meet the urgent requests made to them from all sides, they fitted up the buildings thus vacated on the St. Isidore farm as an asylum for lunatics. To this institution they removed the patients from the "Maison Jaune," placing them in charge of

Sister Praxède, afterwards one of the foundresses of the Oregon mission of the order. In October, 1852, the new establishment thus instituted was consecrated by Monseigneur Bourget, who placed it under the protection of St. Jean de Dieu. This was done in commemoration of a saint, who, confined as a madman by people incapable of comprehending the sublimity of his charity, had rewarded his persecutors by founding, at Madrid, two hospitals, for the insane and the poor.

Ignorant of the care of lunatics, the Sisters labored under great difficulties in their pious undertaking. Up to 1856, the number of the insane under their charge at one time was never more than seventeen to twenty. In that year the Community decided to transfer the patients from the farm to the Convent St. Isidore.

In 1863, the Sisters erected an additional structure in the courtyard of the convent, on the edge of the village street. It was connected with the main building by a covered passage way, and devoted exclusively to the insane. In constructing it the old buildings on St. Isidore farm were pulled down, and the materials used in the new edifice. With this demolition disappeared the original St. Jean de Dieu asylum, and there now remain to mark the spot where it stood only some clumps of trees and bushes, which indicate the situation of the old garden cultivated by the Sisters. The convent buildings, including those used for the insane, are still in existence, and in almost the identical condition in which they were at the period of which we speak.

Notwithstanding the additions made, it was yet difficult to receive more than twenty to twenty-five patients in the convent buildings, so that it became a matter of great concern to the Sisters how they should meet the ever-increasing demands made on their charity.

The parish of St. François d'Assisi de la Longue Pointe, which is the full title of this noteworthy locality, had for priest at this time M. Jean Baptiste Drapeau. He was a man of sound judgment, and one who took a deep interest in all the charitable works of the Community, but especially in those relating to the care of the insane. To him occurred the idea of a hospital for these poor creatures on a larger scale—one combining all the conditions demanded by modern science for their proper treatment. With the object of carrying out his idea, he advised the

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acquisition of a large demesne situated near the convent, which he thought would make an admirable site for the institution of which he dreamed. The resources of the Sisters, however, were but limited, and it was not until 1868 that they were able to accomplish this. The land thus acquired was not made use of until a few years later, when, with the sanction of the legislature, the Order entered upon the work of caring for the insane on a greatly enlarged scale.

The fact that Beauport asylum was much overcrowded, and that the temporary institution created at St. Johns was not only in like condition but badly adapted to asylum purposes, had been strongly urged upon the government. In consequence, the then Premier of the province, on September 27th, 1873, entered into an agreement with the Sisters of Providence whereby the latter engaged for a term of five years to receive and care for idiots of both sexes. The contract was signed, October 4th, and by November 7th the government had sent to the Sisters at Longue Pointe thirty-four patients from the asylum at St. Johns, thirty-eight from Beauport asylum, and five from outside, making a total of seventy-seven.

St. Isidore convent was quite inadequate for the accommodation of this number of patients, and the Sisters accordingly had to find room elsewhere, pending the erection of a new asylum which they had now decided to construct. The additional room was gained by the rental of the "Hochelaga," or "Hussar Barracks," then empty. These were stone buildings which had formerly been occupied by the troops stationed in Montreal. Their new apartments were taken possession of by the Sisters on November 7th, 1873, and, on November 30th, they celebrated their first mass therein, an altar having been erected in one of the hallways. They were devoted entirely to male patients, the convent buildings being reserved for females.

As one hundred and twelve was the greatest number of patients that could be provided for in the Hochelaga buildings, it soon became evident that the erection of the new asylum must be hastened. The first question to be decided was, what plan of building should be adopted. To settle this, the Sisters visited a number of asylums, finally selecting that of Mount Hope, Baltimore, Md., as the general model on which to construct their new establishment.

Work was begun in April, 1874, and such was the vigor with which Sister Thérèse, the head of the establishment, pressed it on, that by July 20th, 1875, they were able to begin the transfer of the patients from the old barracks. Their evacuation was completed by August 14th, and shortly after the convent St. Isidore was also emptied of its inmates.

In July, 1875, the Sisters entered into a new contract with the government, by which, for the space of twenty years, they agreed to receive and care for all insane, as well as idiotic patients, at the rate of \$100 a year for each patient sent them. The government on its part covenanted that the number of patients placed in charge of the Sisters should not be less than three hundred, including those already under their care. As a result of this agreement the temporary asylum at St. Johns was closed, and the inmates transferred to the custody of the Sisters.

Under the new arrangement, so rapid was the increase in population that, at the close of the year 1875, it had reached four hundred and eight. This rate of growth continued, and in 1884 and 1885 it became imperative to extend the already large establishment.

About 1880, as already referred to in speaking of Beauport asylum, difficulties between the government and the Sisters began to spring up. At one time, Dr. Howard, the government physician, represented to Sister Thérèse that in his opinion several of the patients had recovered, and recommended their discharge. This recommendation was met by refusal. Appeal was then made to the provincial secretary, who supported Dr. Howard. The discharge of the patients was, however, still refused, and only by the exercise of the civil authority was obedience enforced. Immediately following this came the publication of Dr. Tuke's report on the asylums of Canada, in which those of Quebec were shown to contrast most unfavorably with those of the sister province of Ontario. Severe as had been Dr. Tuke's arraignment of Beauport, it was infinitely mild in comparison with his merciless criticism of the Longue Pointe institution.

The result of this exposure, and the strenuous protests of the Montreal Medico-Chirurgical Society against the continuance of such a state of affairs, was the passage by the government of the act of 1885, and the appointment of Dr. Howard as first medical superintendent, with greatly increased powers.

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The passage of this act served still further to embitter Sister Thérèse, who at once appointed another medical staff of her own.

The constant efforts made to hamper the government officials in the discharge of their duties resulted in the constitution of the Royal Commission of 1887. The report of this body with regard to Longue Pointe asylum, while giving full credit to the cleanliness of the institution, and the good food and clothing supplied the patients, showed clearly there were many points connected with the management that required radical reorganization. The most blameworthy state of affairs set forth was, that while under the law of 1885 the government medical officers were constituted a part of the administrative staff of the asylum, the Sisters refused to receive them as aught but visiting physicians, and formally declined to allow them to carry out the duties imposed upon them by that law, under the plea that it was a breach of their contract. They went even further and denied them the privileges they had exercised as visiting physicians prior to 1885, refused to give them any information, and forbade the keepers to answer any questions they might put to them. The government medical officers had absolutely no authority beyond the supervision of the admissions and discharges—were not even allowed to have keys by which they could enter the wards alone, but always on their visits had to be accompanied by some of the Sisters.

On the most eminent legal advice, the commission, in spite of the evil state of affairs which they recognized as prevailing, could report only that the act of 1885 did conflict with the rights of the Sisters as defined by their contract with the government. In consequence, they could but suggest the repeal of the conflicting claims until the expiration of the contract, when the act as a whole might be made a part of any new agreement. This was accomplished in 1897.

#### PROTESTANT HOSPITAL FOR THE INSANE.

The Protestant Hospital for the Insane, or, as it is more commonly called, Verdun Hospital, owes its inception to Mr. Alfred ("Fred") Perry, a well-known citizen of Montreal. From a period antedating Confederation, Mr. Perry had taken a deep interest in the subject of the care of the insane, and, in the foundation of Longue Pointe asylum, had given valuable assistance to

Sister Thérèse. While granting the Sisters full credit for the care bestowed upon their helpless charges, he yet observed that it was merely custodial care with little or no effort to bring about recovery. This was but the natural outcome of the "farming out" system, in which the interests of proprietors and patients are at direct variance, a fact Mr. Perry was not slow to grasp. A man of strong will, with great energy and tenacity of purpose, he resolved that at least the Protestant community should be freed from a system that was a standing menace to their proper treatment, and, about 1879, began to devote himself to the task of seeing whether the existing state of affairs could be remedied.

After many interviews with various members of the government, Mr. Perry found that it would be impossible to disturb the arrangements that had been made with the Sisters, and thereupon conceived the bold idea of founding a separate institution for his co-religionists. Having ascertained that the government had no objection whatever to the Protestants of the province establishing an asylum for the care of their own insane, provided it was done at their own cost, Mr. Perry straightway proceeded to call a public meeting, at which the whole subject was discussed.

At this meeting, in 1880, Mr. Perry, in conjunction with others, was appointed to take steps in the direction indicated. Several informal meetings were held by these gentlemen, and it was found that they were all, with the exception of Mr. Perry, in favor of the erection of an asylum which should be open to Roman Catholics as well as Protestants, but conducted on different principles from the proprietary establishments. Mr. Perry, however, held out staunchly for his own views, and was, in consequence, soon left to battle alone, the committee, as such, ceasing to exist. Innumerable difficulties met him in the prosecution of his scheme, but, with unflagging zeal, he continued his efforts, and on June 30th, 1881, secured the passage of a bill entitled "An Act to Incorporate the Protestant Hospital for the Insane."

The act provided that all moneys raised by the Corporation, from whatever source, should be expended upon the institution and its inmates; that the general management of affairs should be invested in a Board of Governors, being Protestants and residents within the province of Quebec, said board to be composed of all life-governors, twenty-four elective governors, and all prop-

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erly constituted representatives of churches and national societies; that the immediate conduct of the establishment should be vested in a board of management, elected from the board of governors and not less than twelve in number, who should act for three years, one-third retiring annually; that a meeting of the subscribers to the institution should be called by the parties incorporated, within six months after the passing of the act, for the purpose of organizing the Corporation; and that the Corporation should, every year, within the first fifteen days of the session of the legislature, make a full return to the Lieutenant-Governor and to both Houses, showing the state of its affairs and of its receipts and expenditure.

The Corporation was also given the power to frame by-laws for the management of the affairs of the hospital and the guidance of its employees. Two hundred dollars were fixed as the sum constituting a life-governor, and ten dollars as that constituting an elective governor. The payment of a subscription of twenty dollars gave any Protestant church within the province, or any Protestant national society, the right of appointing a governor for the year for which this amount was subscribed.

For a time public interest in the institution languished but the publication of Dr. Tuke's scathing denunciation of the wretched condition of the inmates of the asylums at Quebec and Longue Pointe, and the resolutions of the Medico-Chirurgical Society based thereon, once more aroused public feeling to the great need for an improved state of affairs. The result was, that soon after the passage of these resolutions, in November, 1884, a deputation was appointed to wait upon the government for the purpose of urging a reform in the management of the insane in the province, and ascertaining what it was willing to do in the matter of the Protestants, about two hundred of whom, it was estimated, were confined in the two proprietary establishments. At this interview the members of the government stated that they were willing to do all in their power to facilitate the transfer of Protestants from Longue Pointe asylum to the proposed hospital, and agreed to lend the Corporation \$25,000, at six per cent interest, toward the erection of a building, this sum to be repaid in ten equal annual instalments, the first of which was to become due five years from the date of the loan.

On May 30th, 1887, the Hadley Farm was purchased for the sum of \$18,000 as the site for the hospital. Situated in the municipality of Verdun, whence the name by which the hospital is often designated, just at the foot of the Lachine Rapids, the location chosen was an admirable and extremely picturesque one. The mountain rising behind crowned with green woods, its lower slopes dotted with villas; the mighty St. Lawrence, with its timbered islands, stretching in front; and the dancing rapids, with their musical roar, in such close proximity, made a prospect of scenic beauty difficult to surpass.

Plans and specifications for a building to accommodate two hundred and fifty inmates, the cost not to exceed \$80,000, were advertised for. Those prepared by Messrs. J. W. & E. C. Hopkins, as most nearly approaching the conditions of the advertisement, were approved of. A condition of the approval was, that a committee of governors, accompanied by one of the architects, should visit some of the principal asylums in the United States, and any improvement in the plans suggested by this visit should be incorporated in them.

The highest level of the property having been selected as the position for the building, the work of excavation was begun in June, 1888.

The first patient was received into the hospital on July 15th, 1890, and before the end of that year there had been one hundred and thirty-nine admissions. Fifty-eight of these, thirty-nine men and nineteen women, came from Longue Pointe asylum. No patients were received from the Beauport institution at this time, inasmuch as by the terms of its contract with the proprietors, the government had no power to remove any of the inmates therefrom, unless recovered. In 1894, however, this contract having expired, a number of the Protestant insane were transferred to Verdun. One of these had been a resident of the Quebec asylum over forty-eight years. Since its opening this institution has been conducted on purely non-restraint principles.

#### PRINCE EDWARD ISLAND.

Pursuant to a request made by the Home Government, the legislative council of Prince Edward Island, in 1840, passed "An Act to authorize the erection of a building, near Charlotte-



town, as an Asylum for Insane Persons and other objects of charity, and to provide for the future maintenance of the same." In 1845 this act was put in force by the erection of a brick structure designed to hold about twenty-five patients, one-half in single rooms. The property purchased for the establishment consisted of a plot of ten acres, located at Brighton on York River, about one and a quarter miles from Charlottetown. The administration of its affairs was vested in a board of trustees.

At the first meeting of the board, held April 2nd, 1846, it was resolved that an advertisement should be inserted in the newspapers for parties qualified to fill the several positions of medical officer, master and matron. At the next subsequent meeting, Dr. Mackieson was appointed visiting medical officer at a salary of £25 currency per annum, to be paid extra for all drugs supplied for the use of the patients, and Sergeant Samuel W. Mitchell and wife were made master and matron.

The first order for admission was given by the board May 1st, 1847, when eight patients were directed to be received. On June 14th, following, however, less than a month after their admission, these unfortunates were ordered to be discharged, and the asylum was transferred to the government to be used as a hospital for some immigrants, who had arrived on the barque, "Lady Constable," suffering from Asiatic cholera.

On the 28th of January, 1848, the Executive Council restored the asylum to the care of the trustees, and on the 26th of June it was again opened for its legitimate purposes by the admission of five lunatics and five paupers.

From 1847, when it was first opened, until 1869, the building was used for an asylum and a poorhouse, but in the latter year it was found too small for the combined occupancy, and the paupers were removed to an old military barrack situated about half a mile distant.

At first, the master received a certain sum per head for the lunatics and paupers under his care. The amount paid him varied from eight shillings and two pence to ten shillings per week, and included every expense connected with their maintenance except the salaries of himself, the matron and the medical officer. After a trial of four years this method did not prove satisfactory to the trustees; the supplies, therefore, were ordered

to be obtained by tender. In the early days, too, the medical officer visited the institution but once or twice a week, and the master and matron did all the household work without the aid of servants or attendants, depending solely upon the help obtained from the patients or paupers.

In 1874, a presentment against the management of the asylum was made by the grand jury, after one of its official visits. The medical officer and master were both indicted for what was called "the horrible abuse of the patients"; the whole province was thrown into an uproar, and the Home Government sent a censoring dispatch to that of the Island in the matter. The immediate result was a change in management, the officers indicted being dismissed, and Dr. Mackieson succeeded in office, after a tenure of over twenty-eight years, by the present able superintendent, Dr. Edward S. Blanchard, who assumed duty in August, 1874. The ultimate result was a movement toward the founding of a new and more modern hospital to replace the old and antiquated lunatic asylum. The movement thus started led to the passage, in 1877, of a new lunacy act providing for the erection of the "Prince Edward Island Hospital for the Insane," the abolishing of the office of visiting medical officer, and the creation of that of medical superintendent in its stead; the new official to be provided with quarters in the building, and to devote his whole time to the institution.

#### NOVA SCOTIA.

Nova Scotia was the last of the old British North American provinces to erect a hospital for its insane. Previous to 1858, pauper lunatics were sent to the "Lunatic Ward" of the Provincial and City Poor's Asylum in Halifax, or cared for at home, in what way can be imagined.

In 1846, the Governor of Nova Scotia appointed a commission to visit the United States in quest of information with reference to the construction and management of a hospital for the insane for the province of Nova Scotia.

For some years after, efforts were made to establish the institution, and both private donations and legislative grants were made for the purpose. It was not, however, until 1856 that the corner-stone of the present hospital, the first and only one in the province, was laid with Masonic honors on June 8th.

The executive officers took possession of their temporary quarters on the first day of December, 1858, the first medical superintendent being Dr. J. R. DeWolf, who had been appointed such in May of the previous year. On the 26th of the same month the first patient was admitted, and within the next four weeks eighteen others were received, thirteen of the number being transfers from the poor's asylum. The Nova Scotia hospital for the insane bears the honor of having had its site selected by Dorothea L. Dix, who, as a further mark of her sympathy for suffering humanity, gave a collection of pictures to ornament the hospital walls.

#### BRITISH COLUMBIA.

In the early days of British Columbia, when it was yet a Crown colony, lunatics were placed in the colonial jail, a brick structure which stood on the present site of the Law Courts.

In 1872, two women (sisters) became insane, and as there was no proper place in the jail for them, they, as well as the male patients therein, were removed to a wooden building on the Songhees Indian Reserve. This structure, the first regular institution for the insane in the province, had been originally built for a smallpox hospital, then added to and used as a general hospital, and finally abandoned. It was reopened to receive the lunatics from the jail, October 12th, 1872, the records for that year showing eighteen admissions, one recovery, and one death.

Up to 1873 no act had been passed for the founding or regulation of asylums, but in that year one, known as the "Insane Asylums' Act," came into force. It fixed the title of the infant establishment as "Asylum for the Insane, British Columbia." This act was amended in 1893, and, together with the amendment, repealed in 1897, a new one, the "Hospitals for Insane Act," replacing it. By this the official title of the asylum was changed to "Public Hospital for Insane."

Early in 1877 it was deemed expedient, in consequence of the asylum's being on an Indian reserve and in the city of Victoria, to remove it elsewhere, but there was no suitable site belonging to the government near the city. It was, therefore, decided that the transfer should be to the mainland, where, close to the town of New Westminster, there was a large tract of provincial land.

Some fifteen acres of this, most of it dense, unclaimed forest, was apportioned to an asylum. Here the nucleus of the present institution was erected in 1877, and opened May 17th, 1878, on which date forty-six patients were transferred from the old smallpox hospital at Victoria. Situated on a cleared slope overlooking the Fraser River, and taking in a magnificent panorama of mountain and stream, nothing could exceed the scenic beauty of the site selected.

#### MANITOBA.

In proportion to its age, the province of Manitoba is well furnished with accommodation for its insane, having two asylums, one at Selkirk, the other at Brandon.

Previous to 1871 there seems to have been no provision for lunatics. Amongst the sparse population of the province, while it was yet a part of the old Hudson's Bay Company territory, cases of insanity were few and those few, so far as I can learn, were generally of a quiet, demented type, and as such allowed to wander about at will, or cared for by their friends and neighbors.

Among the Indians insanity was not at all common. It was usual for them, and many of the half-breeds, to attribute the origin of this affliction to the action of some evil charm, or the administration of some noxious potion, "Indian medicine," obtained by an enemy from one of the many "medicine men." There was also an implicit belief, that if a counter-remedy, or charm, could be procured from a "medicine man" having greater power than he from whom the offending one had been derived, the patient could be quickly cured.

Arguing from this, it seems very probable that some of the comparatively few afflicted were cured by faith; some, by the treatment which was not always quite void of value; while the balance, who were not amenable to cure by either of these means, succumbed to the successive ministrations of the rival "medicine men." There was little need, therefore, in the early days of the Hudson's Bay Company to make any provision for the chronic insane.

Cases of acute mania, especially if violent, were generally got rid of in a much more speedy manner. Those so afflicted were supposed to be possessed by a cannibal spirit or *windigo*, and

being thus a menace to other members of the tribe were promptly shot or otherwise disposed of without any ceremony. I have been informed that within the last two or three years a case of this kind occurred near Battleford, N. W. T., an Indian being sent to the penitentiary for life on account of having killed one of his female relatives in the belief that, being insane, she would devour some of the other members of the family.

In 1871, the Dominion Government established the Manitoba Penitentiary at Lower Fort Garry (Stone Fort), twenty miles north of Fort Garry, now Winnipeg. One of the old, stone storehouses of the Hudson's Bay Company, previously used for the confinement of Lepine, Riel's Adjutant-General, and some of his fellow-revolutionists, was fitted up for penitentiary purposes, and here, from 1871 to 1877, the insane were cared for.

In the latter year the lunatics, together with the convicts, were removed to Stony Mountain where the present penitentiary had been erected. They remained there up to 1885, when they were sent back to their old quarters at Lower Fort Garry, pending the opening of the asylum at Selkirk in 1886.